

5.

# The Gentlewomans Cabinet UNLOCKED.

Wherein is contained many excellent  
Receipts for neat Dressing of di-  
vers sorts of Meats ;

A S

## Flesh and Fish,

With their Proper Sauces.

A L S O

## Directions for the best way

of making

Pancakes, } Puddings, } And such  
fritters, } Custards, } like fine  
Tansies, } Cheesecakes. } Knacks.

and other Delicate Dishes, which are most  
frequently used in Gentlemens Houses.

---

Printed for W. Thackeray and  
C. Passenger.

---

## ANSWER

83

# The Gentlewomans A B I N E T Unlocked.

## To make Rice-milk.

**T**ake a quart of good Milk, two handfulls of Rice-flower, beaten very small, and a quarter of a pound of Sugar, & put them into the Milk; then take the yolk of an Egg, beat it with a spoonfull of Rose-water, then put it into the Milk, and stir all these together, and put it over a quick fire, keeping it continually stirring, till it be as thick as water-pap.

## To make Fritters.

Take nine Eggs, yelks and whites, beaten very well, and take half a pint of sack, and a pint of Ale, some Ale-yeast; put

The Gentlewoman's  
these to the Eggs, and beat them all  
ther, put in some Spice and salt, and  
flower, then shred in pout apples, & let  
be well tempered, and fry them with Bet-  
er, or half Beef and half Hogs-fuet  
out of the Leaf.

To make a good Cake.

Take half a peck of Flower, three p-  
of Butter, some Nutmeg, Cloves and m-  
Cinnamon, Ginger and a pound of Su-  
mingle these well together with the fl-  
er, then take four pound of Currants  
washed, pick'd, and dryed in a warm clo-  
a pittle Ale-yeast, twelve Eggs, a qua-  
Cream, or good Milk warm'd, half a p-  
of Bock, a quarter of Rose-water, kn-  
well, and let it be very litch, lay it in a  
cloath, and let it lye half an hour ag-  
the fire, then make it up with the  
of an Egg beaten with a little Butter,  
water, and Sugar ; put it into the  
and let it stand an hour and a half.

To Pickle Cowcumbers.

Take an Earthen Vessel, and lay the  
first a lap of Salt and Dill, then a  
Cowcumbers, and so till they all be  
then put in some cloves and whole Pe-  
and some fennel-seeds, then fill it up  
Beer-Vinegar, and lay a clean board

### Cabinet Unlocked.

one upon it, to keep them in the Pickle; so keep them close covered, and when Vinegar looks black, pour it out and t in fresh.

### To pickle Broom-buds.

Take your Buds before they be yellow on top, make your Pickle of Vinegar and salt, which you must do by stirring it till Salt be dissolved, then put in your buds, and stir them once every day, till they be sunk within the Vinegar, and be sure to keep them close covered.

### To pickle Clove-Gilliflowers for Salleting all the Year.

Take your Clove Gilliflowers, and slip off leaves, then strew some Sugar in the bottom of the Gally-pot (that you do this) and lay a laying of Gilliflowers, and a ring of Sugar, and so till you have laid small, then pour on as much Claret wine will cover them, and lay a piece of thin bread on them to keep them down, then tie the close, and let them stand a month in Sun, and use them as you have occasion.

### To make Black Puddings.

Take your Blood while it is warm, and stir it well, and put some Salt into it, and when it is cold put in your Grits, and let it stand

26 The Gentlewoman's

Stand two days, stir it often, then press your Herbs well shred, as Rosemary, winter Savory, Penny royal, Turne, Fennel; then make it soft with putting Cream to it hot, until the blood looks; then beat some Eggs and mingle it, and son it with Spices, and put in good f of Beef Huet, not minced too small, pour Skins therewith, and boyl them; else you may boyl it in a Bag, which please.

To make a Tanfie.

Take fifteen Yelks of Eggs, and whites, beat them very well, then put some Sugar, and a little Sack, and about a pint of Cream, then beat them again, put in Tansie, Spinnage, and Peppermint leaves, or the like. chopt as small as people may be, and beat them all well together, then put it in a Skillet, and set it over the fire, stirring it continually till it be stiff, then put it into a Pan & fry it in sweet Butter, and make Saunce for it of Rose-water, Butter, and Sugar.

To make Frrmentry.

Take a quantity of Cream or Milk, much as you please; put therein Mace, namon, and Nutmeg, set it over the fire, let it boyl; then take your Wheat (the first boyled very tender in water) and

### Cabinet Unlocked.

pour Cream or Milk, and boyl it well; beat some yelks of Eggs, with a littell cold Milk and fine flower, put them into the boyl'd Cream, and when it is boyl'd, sweeten it with Rose-water and Sugare.

### To make Stew'd Broth, or Plumb Pottage.

Take a Neck of Mutton or rather a Lump of Beef, let it boyl, and scum your Boyle clear, then thicken it with grated bread, setting in some beaten Spice, and a pound Currants, two pound of Raisons of the sun, a pound of Prunes: when it is boyl'd, put in a quart of Claret, and a pint of sack, and as much Sugare as will sweeten it, and then serve it up.

### To make a good Bak'd Pudding.

Take grated White-bread, and fine flower, with Eggs, Sugare and Spice then take much Cream or Milk, as will temper it out the thicknes of Pancake-batter: add your Suet small, and put into it, butting your Pan, and bake it; so serve it up, setting a good quantite of Sugare upon it.

### How to make Paste for a Venison-Pasty.

Take almost a peck of flower, knead it with

## The Gentlewoman's

with two pound of Butter, and as much Suet, the yelks of eight or ten Eggs, and a reasonable lith Paste, then roul it out, lay on Suet; first lay a paper under the Paste, then lay on your Venison, close it, pinch it, and wash it with butter, & lay it; when you draw it out wash it with butter again.

## To make a Custard.

Take good store of Eggs, put away a quarter of the Whites, beat them well, then mix them with the thickest and sweetest Cream you can get; then season it with salt, Sugar, Cinnamon, Cloves and Nutmeg, and a little Nutmeg; then raise your hands of good tough Paste, and strew them over a good thickness with curd and Sugar, then set them in the Oven to bake; when they are baked draw them, strew sugar on the tops and serve them.

## To make Puff-Paste.

Take the finest Wheat-flower, after it hath been a little baked in a pot in the oven, and blend it well with Eggs, Whites and Yelks all together, and after the paste is well kneaded, roul out a part of it as thin as you can, then spread cold sweet

### Cabinet Unlocked.

over the same, then upon the same but-  
roul another Leaf of Paste as before,  
spread that with Butter also, then  
Leaf upon Leaf, with Butter between,  
it be as thick as you think good: or  
make Paste for Venison, Florentine,  
Art, or what Dish you please, and so bake

### To make a Pippin-Tart.

Take Pippins and pare them, then  
divide them in halfs, and take out the  
cores clean, then having roul'd the coiffin  
raise np a Verge of an inch high, lap-  
the Pippins with the hollow sides  
outwards, as close as thep will lye, and  
here and there a Clove, and little bits  
Cinnamon, then cover all clean over  
with Sugar, and so cover the Coiffin, and  
bake it; and when it is baked, heat Rose-  
water and butter, and anoint all the Lid  
therewich, and strew good stoe of su-  
gar on, and so serbe it: In like manner you  
make a Codling-Tart.

### To make a Cheese-Cake.

Take three Eggs and beat them very  
well, and as you beat them, put in as much  
e flower as will make them thick, put in  
them

them thrie or four Eggs more, and  
them altogether: then take a qua-  
Cream, and put into it a quarter  
pound of sweet butter, and set them  
the fire, and when it begins to boyl,  
pour Eggs and flower, stir them well,  
let it boyl till it be thick, then season  
with Salt, Sugar, Cinnamon, and  
rants, and bake it in Paste as you ple-

### To make a quaking Pudding.

Take a pint (and somewhat more)  
thick Cream, ten yelks of Eggs, with  
whites, beat them verp well with  
spoonfuls of Rose-water, then mingle  
spoonfuls of fine flower, with it,  
mingle it so well that there be no lye  
in it, put it all together, and season  
with Salt and Spice, then take a  
Cloath and butter it well, then put  
Pudding therein, and let it boyl for  
an hour as fast as you can, take  
up, and make your Sauce of Butter  
Rose-water, and Sugar, and serve it.

### To make an Oat-meal Pudding.

Take a quart of Oatmeal beaten  
flower, a pint of Cream, four Eggs  
etc, a good quantity of Sugar and

Cabinet Unlocked.

91  
nd a pound of Beef-suet well minced: mingle  
these together, and so bake it.

To make a Sack Posset.

Take a quart of Cream, and boyl it well  
with Sugar, Mace, and Nutmeg, and take  
a pint of Sack, and as much Ale, and  
them well together with some Sugar  
when it hath stood cooling a little  
ale, put your Cream into a bason to  
r Sack, then heat a Pewter-dish and ca-  
your bason with it, and let it stand by  
fire two hours e're you eat it.

To make a Caudle.

Take what quantity of Ale you think  
good, and set it over the fire, and when  
it is ready to boyl, scum it well, then  
in large Mace, and take the Yelks of  
Eggs for one Mess or draught, and  
one or less according to the quantity of  
Ale: beat them very well, and  
away the skin of the Yelks, and when  
Ale boyls put them in, and keep them  
ring continually: and when it hath  
led a while sweeten it with Sugar,  
if it be to eat cut two or three toasts  
white-bread toast them dry, and put  
them

The Gentlewomans  
them to the Caudle, but if it be to  
put in none.

To Stew Beef.

Take a good Rump of beef, cut  
the bones, shad Turnips and Carrots  
small, with Spinage and Lettise, put  
in a Pan, and let it Stew four hours  
with as much Water, and a quart  
White wine as will cover it, some  
pepper and Salt, when it is stewed,  
put in a Wine-glass full of good  
Vinegar, and serve it with Sippits.

To boyl a Gammon of Bacon,

Water pour Gammon of bacon to  
four hours, then put it into a deep  
pan with sweet Hay, let it boyl softly six  
or seven hours, and then take it up with  
scamurer and Plate, and take off the  
whole, then stick pour Gammon full  
of Cloves, and strew on some gross  
pepper, then cut your Skin like Sippits to  
your Gammon, and when you set  
stick it with bay-leaves.

## Cabinet Unlocked.

93

### To boyl Brawn.

Water pour brawn Twenty four hours, and scrape it four or five times, then take it out of the Water and lay it on a clean Table, and throw a handful of salt on every Collar, then bind them up fast as you can with Hemp or Wasg, and boil them in your Kettle; when the Water leth, and the scum ariseth, take it away: let boyl so tender that you may thrust a awthrough it, then let it cool till the morning, and then sowce it.

### To make White-Pot.

Take the best and sweetest Cream, and mix it with good store of Sugar and Cinnamon, and a little Rose-water; then take it from the fire, and put into it clean pickt Porage, but not so much as to make it thick, let it steep therein till it be cold, then mix in the Yelks of six Eggs, and two Whites, Currants, Nutmeg and Salt, then put it into the Pan or Pot, as thin as you were a Custard, and to bake it, and when it is baked in, strewing Sugar on the top thereof.

### To make Mince-Pyes

Take a leg of Mutton, and cut the best of the

## The Gentlewoman's

the flesh from the bone, and parboyl it, then put to it three pound of the best-ton Suet, and shred it very small, spread it abroad, and season it with Cloves and Mace beaten, then put in store of Currants and Raisons, a dates sliced: then being all mixed together, put it into your Coffins, and bake 'em, and when they are served up, the Lids and strew good store of Suet the top of the meat, and upon the Lids like manner also you may make Pyes of Beef, or Veal, only the meat should not be parboyl'd, and the veal require twice as much Suet.

## To make a Warden or Quince-Pye.

Take the fairest and the best Wardens Quinces, and pare them, and Core them, cut the sharp ends flat, then boyl them in Whitewine and Sugar, till the syrups thicke then lay them in a cleane pan to cool, then set them into a Coffin of rough Paste; stick Cloves in them with little bits of Cinnamon, and store of Sugar, then cover it with a lid leaving a vent-hole, then bathe it in a syrup of Wine, when you draw it, put the syrup into the Wardens or Quinces was boyled at the vent-hole shake it well, & melt

## Cabinet Unlocked.

it ther with Rose-water, to anoint the  
and strew good store of Sugar on  
top of the Wardens or Quinces, and  
it, and so serve it up.

## For Dressing of Fish.

Take any fresh fish whatsoeuer, as Pike,  
Carp, barbil, Chub, or such like,  
draw it, but scale it not, and then take  
the Liver and refuge, and wash pour  
; then take a Pottle of fair Water, a  
quantity of White-wine, good store  
salt, Vinegar, and a little bunch of  
herbes, and set it on the fire; and  
soon as it begins to boyl, put in your  
, and having boyl'd a little, take it out  
a fair Vessel: then put into the Liquor  
gross Pepper, and Ginger; and when  
boyl'd well, put in some more Salt,  
to let it cool, and then put your Fish  
it, and when you serve it up, lap few  
thereupon,

## To boyl small Fish.

first boyl White-wine and Water to-  
ther, with a bunch of sweet Herbs, and a  
lit,

## The Gentlewoman's

little whole Mare; when all is  
well together, put in your Fish,   
ther Roches, Dates, Judgeons,   
Fidgers, or the like, and as the Scum  
riseth take it clean off: then put  
the sole of a Manchet, a good qua-  
nty of sweet Butter, and season it  
Pepper, Salt, and Verjuice, so  
it in upon Hippits, and adorn the  
with Sugar.

## To make broth for any fresh Fish soever, whether *Pike*, *Bream* or *Barbel*, *Eel*, or the like.

You must boyl Water, Verjuice,  
Salt together, with a handful of  
Onions; then you must thicken it  
three or four spoonfuls of Ale:  
then put in a good quantity of  
Barberries, as also pretty store of  
Rants; when it is boyled enough,  
lay your Fish and your Broth upon it,  
ring your Fruic and Onions uppon  
and so serue it up.

## Cabinet Unlocked.

### To Roast a Cows Udder.

Take a Cows Udder, and first boyl it well  
in a stick it over with Cloves, and when it  
is cold, Spit it and lay it to the fire, and  
wrap it well with baskeing; and when it  
is well roasted and brown, bread it and  
draw it from the fire, take some Claret-  
wine and grated bread, and set it on a  
baking-dish of Coals, and boyl it till it  
be thick, then put to it good store of Su-  
gar and Cinnamon, and putting it in a  
new dish, lay the Udder therein, and trim  
the sides of the Dish with Sugar, and  
bread it up.

### To Roast Venison.

Take pour Venisou and Lard it either  
with Pork or Bacon, and stick it full of  
Cloves on the outside, then spit it and  
roast it by a soaking fire; then take claret-  
wine, Vinegar, grated bread, and some  
of the Gravy that comes from the Venison,  
and boyl them well, then season it with  
Sugar, Cinnamon, Ginger, and Salt, and  
bread it up upon the Sauce, when it is e-  
nough.

### To make Sauce for a Roasted Capon.

Take Onions, peel and slice them, then  
boyl them in fair water with Pepper, salt

W

and

98  
The Gentlewoman's

and a few white-bread Crumbs, put into it a spoonful or two of claret wine, the juice of an Orange, three or four pieces of Lemon-peel shred small; all mixt together, pour it upon the Carcass when 'tis cut up. This sauce (leave the bread) will also serve for a Pheasant.

To make Sauce for a Quail, Rail, or any big Bird.

Mix Claret wine and Salt together with the gravy of the Bird, and a few bread-crums, boyl them, and pour in the birds when you cut them.

To make Sauce for Pidgeons, Stock Doves or the like.

Mix butter and Vinegar, with Part Roasted in their bellies, and shred small, serve it up with the Pidgeons.

To make Sauce for any Wild Fowl Roasted.

The most general sauce for all kind of Wild Fowl Roasted, as Duck, Mallard, Teal, Snipe, Sheldrake, Plover, &c. Gulls, and such like, is only Mustard and Vinegar, or Mustard and Cider juice together; or else an Onion, Water, and Pepper: some use only butter melted with anything else.

To make Sauce for Green-Geese.

Take Horrel, stamp it and strain it, mix the juice therof with Sugar, &

### Cabinet Unlocked.

Scalded Goose berries, and so serve it  
on Sippits.

### To make Sauce for a Pigg.

Take Sage and roast it in the bellys of the  
Pigg, then boyl Verjuice and butter and cur-  
sits together, take & chop the sage small,  
and mix the brains of your Pigg with it.

### To make Sauce for a Turkey.

Take Water and set it over the fire, and  
in nice good store of Onions, and put in  
it, also Pepper and Salt, and good store  
of Candy that comes from the Turkey, and  
all them well together; then put in  
a few fine crumbs of grated bread to  
aken it, a very little Sugar, and some  
Vinegar, and so serve it up with the Tur.

### Sauce for Roast Mutton.

Some use only Onions sliced in fair wa-  
ters, and Salt; some use broom-buds Pick-  
led; some pickled Cucumbers; but the best  
sauce is Clove-Gillyflowers Preserved in  
Sweet-wine, as before I shewed you.

### Sauce for Veal

Take all kind of sweet Pot-herbs, and  
chop them very small, with the Yelks of 2  
or 3 Eges; boyl them in Vinegar, and

The Gentlewoman's

butter, with a few white-bread crumbe  
good stoe of Sugar, then season it  
Cinnamon, a little Pepper and Salt,  
pour it upon the Veal, with some fine  
Oranges and Lemmons about the dñe

To make Rice-Puddings.

Take half a pound of Rice, and lem  
in new Milk a whole night, and in the  
morn d:ain it, and let the Milk drop a  
and take a quart of the best, sweetest,  
thickest cream, and put the Rice in  
boyl it a little, then set it to cool an h  
two, and then put in the Yeks of six  
a little Pepper, Cloves and Mace, crue  
Sugar, and Salt; and having mix  
together, put in good stoe of beef suet  
shred, and beat it well, so put it into  
Farms or skins and boyl them, and  
them up after a day o'd.

To make Links.

Take the largest of your Chines of  
and that is called a list, and shred them  
and mix the fat and the lean exceeding  
together, then take good stoe of Sage  
shred it very small, and mix it with the  
then give it a good season with Pepper  
and Salt, Cloves and Mace, then take some  
Farm or Skins in their whole length  
cut in pieces as for Puddings; first

## Cabinet Unlocked.

well to make the meat slip, and then  
it, which done, divide them with  
heads into small Links as you please,  
hang them up in a corner of some  
nep (clean sweep) that they may take  
ir of the fire, and let them dry four or  
days e're any be eaten, and when they  
erred up, let them be frped or broyled on  
id iron, or roasted about a Capon.

make an excellent Sullabub, without  
Milking under a Cow.

ake Spder and good stoe of Sugar,  
a little Nutmeg, stir it well together,  
ain as much thick cream as you think  
serve, by two or three spoonfulls at a  
as hard as you can (as though you  
it in) then stir it exceedingly softl  
d about, and let it stand two hours at  
before it be eaten: for the standing  
es the Curd.

## To make a Fool.

ake two quarts of Cream, set it over  
fire and let it boyl, then take the Yelks  
elve Eggs, and beat them well with 3  
our spoonfulls of cold Cream, as the  
am is heating over the fire, take five  
spoonfulls and put to the Eggs, stir  
them well together, and when the  
cream

The Gentlewoman's  
cream boyle, strain the Eggs into it  
keeping it stirring continually that  
not burn to the bottom, and let it  
little after the Eggs are in, then take  
and let it stand and cool, then cut some  
pits and lay in a dish, and pour  
four spoonfuls of Sack upon them, so  
them to dry, and when they be  
so that they hang on the dish, then take  
the Cream, and pour it into the Dish  
ly that the Sippits rise not up, un  
till it be cold e're poureat it.

To Hash a Calves-head.

Take it and hooft it, then take it and  
it in small pieces, then take suger  
and shred them small, then take  
wine, and the yelk of four Eggs, and  
a stewing, and make it well together.

To Hash any cold Meat.

Slice your Meat and set it a side  
and put in sweet Herbs some whole  
peper, and Cloves, and when you serve  
put in some butter and Vinegar.

For a Fregacy.

Take your Rabbits or Chickens, and  
them in pieces, and break the bones  
a rouling-pun, and let your pan be  
clean, and take sweet butter, and keep

### Cabinet Unlocked.

103  
ing, and slice a little Lemmon, and  
it is almost ready, put in some Eggs  
cream well beaten, and two or three  
spoonfuls of Rose-water, or Sack; and stir  
well together, and when it is frys'd e-  
g, serbe it up.

### To make Sauce for boyld Rabbits.

Take Onions and boyld them in a cloath,  
boyld Currants, and beat your butter  
and Vinegar, verp thick, and serbe it up.

### Sauce for boyld Chickens.

Take Parsley and Sorel scalded and  
then melt your Butter thick, and so  
vum together with a little Sugar, and  
them up.

### Sauce for Calves Feet.

Boyl a little bread and Water, and take  
eggs of three or four Eggs, and two or  
spoonfuls of Sack or Claret, and a  
Sugar, beat them together and serbe  
up.

### Sauce for a boyld Leg of Lamb.

Take Goose-berries scalded, and butter  
with Vinegar and Sugar, and a little  
Lemon and Orange: and so send them

Sauce

The Gentlewoman's, &c.

Sauce for Roast Mutton.

Take three or four Anchovies str  
Claret Wine, over a Chaffing-Di  
Coals, and as much grapp as you can  
and so serve it up.

To make a Chicken-Pye.

Take your Chickens and season  
with Cloves and Mace, and a little  
then lay them into your Coffin, and lay  
large Mace upon them, and an indi  
quantit of butter, and leave a vent  
the top, so bake it, and against it is  
make a Caudle of Muscadine or Ham  
ed with Mace, and thicken with C  
stooe of Sugar, and fill it up, and ser  
either cold or hot. This is the new  
to make a Pidgeon-Pye.

F I N I S.